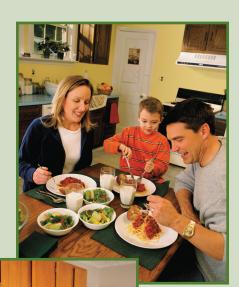
Improve the health of everyone at home.

Share these great tips for a healthy family!

- Eat breakfast daily
- Limit eating out at restaurants, particularly fast-food restaurants
- Eat more meals at home as a family
- Limit portion sizes
- Eat a variety of fruits, vegetables, whole grains, and low fat dairy products



Resources

Making Your Plate www.choosemyplate.gov

Creative ways to eat more fruits & veggies www.fruitsandveggiesmorematters.org

Fun at the Y http://www.ymca.net/

Outdoor Adventures in Iowa http://www.iowadnr.gov/



Provider Information:





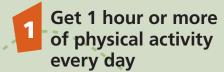
Creative Ideas to Eat & Play the Healthy Way





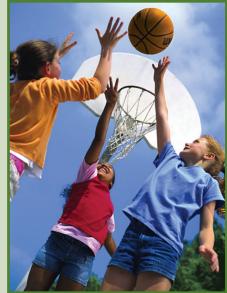
- Eat at least 5 fruits and vegetables every day
- Go with your parents to the grocery store and choose one new fruit or vegetable to try each week
- Be Colorful! Eat a red, green, orange, yellow and blue fruit or veggie every day.
- Help your family become healthy. Eat vegetables in front of them they can learn by watching you!

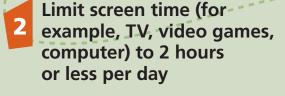




- Separate blocks of time are ok. Go for a walk then later play basketball or ride your bike.
- Volunteer to walk neighborhood dogs.
- Ride your bike to the park.
 - Mow the lawn or shovel the driveway.







- If you must play video games, choose games that involve activity.
- Avoid having the TV on as background noise while studying. Listen to music instead.
- If you have TiVo or a DVR, record your favorite TV shows and come to an agreement with your parents on a time to watch your recorded shows.







Drink fewer sugarsweetened beverages

- Drink water or low-fat/fat-free milk.
- Use water to quench your thirst.
- Look for drinks that say " 100% fruit juice" and limit to one serving (or less) per day.
- Use the smallest size for a sugary drink, or share with others, and drink only on special occasions.

